



America On the Move Week with the YMCA » September 20-27, 2008

A photograph of a family—a woman, a man, and a young boy—running together on a grassy path in a park. The woman is on the left, wearing a pink shirt and green pants. The boy is in the middle, wearing an orange striped shirt and green shorts. The man is on the right, wearing a blue polo shirt and blue jeans. They are all smiling and holding hands. The background is filled with lush green trees.

America On the Move Week with the YMCA Quick Start Guide

» What Is America On the Move®?

America On the Move Foundation, Inc. is a national, non-profit initiative dedicated to improving the health and quality of life by promoting healthy eating and active living for individuals, families and communities.

THE CHALLENGE

The eating and physical activity patterns of most Americans have become cause for concern. More than 60% of American adults fail to get the recommended 30 minutes of physical activity a day, and 25% aren't physically active at all. On average, they are gaining 1–2 pounds each year, with some gaining even more.

THE SOLUTION

America On the Move has demonstrated that Americans can stop weight gain by balancing the energy they burn with the calories they consume. This concept is known as “energy balance.” America On the Move provides simple, fun ways for you to achieve energy balance by encouraging two small changes each day:

- » Take 2,000 more steps (or activity equivalent)
- » Eat 100 fewer calories (by eating smarter)

Just incorporate these small changes into your daily routine for great results over time.



» The Key to Weight Control: Energy Balance

Think of energy balance as weight management. A calorie is a unit of energy. When we eat, we consume calories that provide our bodies with energy to do everything, from breathing to walking. Physical activity boosts the calorie-burning process. So the more we move, the more we burn.

ENERGY BALANCE 101

- » Controlling weight is balancing energy. If the number of calories in and calories out are in balance, you will maintain your weight.
- » If you burn more calories than you eat, you'll lose weight — everyone knows what happens when we eat too much and move too little.
- » Physical activity also fires up your metabolism so you automatically burn calories even while sitting at a desk, watching TV or sleeping (not a bad deal, right?).
- » Weight management through energy balance may also lower blood pressure and cholesterol levels, help control blood sugar and increase energy levels.

When it comes right down to it, what's even more important than knowing exact amounts of calories consumed and calories burned is simply being mindful of your lifestyle. If you're not getting enough physical activity each day, it's extremely difficult to maintain or lose weight, or to keep weight off. America On the Move and the YMCA are here to help!



» What is America On the Move Week with the YMCA?



The YMCA and America On the Move Foundation, Inc., have joined forces to be catalysts for change in their communities and to encourage families and individuals to take small steps toward a healthier lifestyle. During this week, YMCA's across the nation will provide a variety of opportunities for those in their communities to engage in activities that promote good health and strengthen family bonds.

America On the Move Week with the YMCA is part of Activate America® — the YMCA's response to the nation's growing health crisis. Through Activate America, the YMCA is redefining itself and engaging communities across the country to provide better opportunities for people of all ages in their pursuit of health and well-being in spirit, mind and body.

In addition to supporting individuals with their health and well-being goals, this year, America On the Move Week with the YMCA will also provide families with resources to help them adopt and maintain healthy lifestyles by incorporating **YMCA Healthy Family Home™** into the event.

America On the Move's research has shown that small changes really do make a difference. Healthy Family Home research shows that many families already know that they need to be more active and eat a healthier diet, but that knowledge doesn't always translate into action. Resources provided during America On the Move Week with the YMCA can give your family ideas for incorporating healthy activities into your daily routine, help you maintain the changes that work best, and help you celebrate successes — both large and small.

Together, YMCAs and America On the Move will build on the work they do every day to inspire communities, families and individuals to make small changes in their daily habits that add up to big benefits in their long-term health.

» Top 5 Reasons to Join Us

Need to motivate yourself, your friends, and your family to make two small changes every day that can really add up to big rewards? Read the list below for some added inspiration!

- 1. You'll feel better and have more energy.** Increased physical activity and smarter food choices will boost your energy level, mood and overall attitude.
- 2. It prevents weight gain.** The average American gains 1–2 pounds every year. Taking a few extra steps and monitoring calories tips the energy balance in your favor to stop weight gain.
- 3. You'll improve your health.** Controlling your weight through energy balance can provide additional health benefits, such as lowering your blood pressure, improving cholesterol levels and controlling blood sugar.
- 4. You'll become a healthy role model for your family and friends.**
By moving more and eating smart, you're setting a positive example for others, especially children.
- 5. It fits into your busy schedule.** Small steps don't require any set "exercise time" because you don't have to walk the extra 2,000 steps at once. Take the stairs a few extra times a day; give up drive-thru windows and walk inside instead; park the car a bit farther from your destination. All those steps add up.



» Easy Ways to Get an Extra 2,000 Steps a Day

Whether you're at work, at home, or out and about, you'll find many opportunities to add steps to your day. Here are a few ideas to get you started.

AT HOME

- » Make several trips up and down the stairs to do laundry or other household chores
- » Pace around your house while talking on the phone
- » Take your dog for a walk

AT WORK

- » Avoid elevators and escalators; take the stairs instead
- » Walk to coworkers' desks to speak to them instead of sending an email
- » Escape the stress of a difficult day by excusing yourself for a few minutes of walking

AT PLAY

- » Window shop while you pace through a shopping mall
- » Walk with your kids to the local park
- » Plan a picnic with friends, family and children, and go for a walk after your meal

VARIETY IS THE SPICE OF LIFE

- » Play America's favorite pastime — baseball or softball at your YMCA
- » Swim laps in a pool at your YMCA — vary your stroke for the best results
- » Take outings to museums, zoos and botanical parks, where walking is an integral part of the fun
- » Walk the track for eight laps at your YMCA



» Easy Ways to Eat 100 Fewer Calories Each Day

There are lots of ways to cut 100 calories from your daily eating pattern that won't leave you hungry or feeling deprived. Here are a few simple tips. You'll find many more at www.americaonthemove.org.

BREAKFAST

- » Drink nonfat or 1% milk instead of whole milk for fewer calories without sacrificing nutrients
- » Savor a bowl of bananas, berries, low-fat milk and sugar substitute

LUNCH/DINNER

- » Pick water-packed tuna instead of tuna packed in oil
- » Substitute low-fat or fat-free sour cream in recipes

DESSERTS

- » Enjoy a dish of fresh fruit in season instead of custard or pudding
- » Dish up low-calorie frozen yogurt or sherbet instead of ice cream

SNACKS

- » Control your portions by pouring an individual serving of pretzels or chips into a bowl instead of eating from the bag
- » Freeze grapes or watermelon wedges for a popsicle-like treat

BEVERAGES

- » Substitute diet soda for regular soda
- » Choose no-sugar-added fruit juices

DINING OUT

- » Substitute steamed vegetables for a potato, rice or pasta side dish
- » Skip super-size promotions



» Creating Your Healthier Environment

Adapting your home environment to reinforce your active, healthy lifestyle is easy when you use these ideas.

CREATE AN ENVIRONMENT THAT PROMOTES MORE MOVEMENT

- » Store a pair of comfortable shoes at the office for walks around the building or outside during breaks
- » Suggest giving your work stairwell a makeover — decorate the walls with motivating messages or photos, give it a fresh coat of paint, add air fresheners and install brighter bulbs; pleasant surroundings promote more frequent use

CREATE AN ENVIRONMENT THAT PROMOTES HEALTHFUL EATING

- » Keep canned and frozen veggies as quick side dishes or for pastas, soups, casseroles and pizza
- » Eat dinner at the table — talking with family members can help you avoid overeating before you feel full
- » Listen to relaxing music while eating instead of sitting in front of the TV

ENHANCE YOUR WELL-BEING

Choose an activity that contributes to your overall well-being such as volunteering, helping a friend, mentoring someone at work or meditating, and add 500 steps to your daily total.

MAKE YOUR FAMILY ACTIVITIES COUNT

Making changes in your family behavior doesn't happen overnight, but by incorporating fun activities that are also good for the health of your family into your every day routine you can make it a little easier.

Choose an activity each day that your family can do together and each member of your family can add 500 extra steps to their daily total. Find tips and activities online and in the YMCA's Healthy Family Home Starter Kit, which can be downloaded for free at www.HealthyFamilyHome.org.

» How Many Steps Equal an Active Lifestyle?

Although there is no magic number, as your daily number of steps increases, so do the health benefits. No matter how active you are now, small changes will get you where you want to be!

Whether your goal is improved health or healthy weight management, small changes and consistent daily effort are keys to your success. Try to set goals to gradually boost your daily physical activity to a level that is consistent for you.

Here is a quick guide to help motivate you to set a new goal today:

STEPS PER DAY	ACTIVITY LEVEL
Less than 5,000	Inactive
5,000–7,499	Slightly Active
7,500–9,999	Moderately Active
10,000–12,499	Active
12,500 or more	Very Active

Many people find they can reach the Moderately Active or Active range within a few weeks of beginning the America On the Move program. However, if you are like most Americans, you may find that your starting average is between 4,000–6,000 steps per day, so boost your activity level at a pace that is right for you. How fast you move from one level to the next is less important than simply moving more today than you did yesterday.



» Activity Converted to Steps

Steps per minute

Activity	Steps per Minute	
	Female	Male
Aerobic dancing (<i>low impact</i>)	142	127
Aerobics (<i>high impact</i>)	189	181
Aerobics step 6–8 inch step	236	218
Aerobics step 10–12 inch step	260	254
Backpacking (<i>on hill with up to 10 lb load</i>)	189	181
Backpacking (<i>on hill with 10 lb–20 lb load</i>)	212	199
Ballet Dancing	118	127
Baseball	142	127
Basketball (<i>leisurely, non-game</i>)	165	127
Basketball (<i>game</i>)	212	145
Basketball (<i>playing in wheelchair</i>)	165	163
Bicycling	212	199
Bicycling (<i>BMX or mountain</i>)	236	218
Bicycling (<i>Stationary – general</i>)	189	181
Bicycling (<i>Stationary – light</i>)	142	145
Bicycling (<i>Stationary – moderate</i>)	189	181
Bicycling (<i>Stationary – vigorous</i>)	283	254
Bowling	71	73
Canoeing	94	91
Chopping Wood	165	145
Circuit Training (<i>general</i>)	212	199
Dancing ballroom (<i>slow</i>)	71	73
Dancing ballroom (<i>fast</i>)	118	109
Dancing Country	118	109
Dancing Disco	118	109

Activity	Steps per Minute	
	Female	Male
Dancing Line	118	109
Dancing Square	118	109
Dancing Swing	118	109
Elliptical Jogger (<i>medium</i>)	236	218
Football Touch/Flag	212	199
Football Tackle	236	218
Gardening (<i>heavy</i>)	142	145
Gardening (<i>moderate</i>)	118	109
Golf (<i>general</i>)	118	109
Golfing (<i>riding in cart</i>)	94	91
Horseshoes	71	73
Ice Skating (<i>leisurely</i>)	189	181
In-line skating	200	190
Jogging (<i>general</i>)	189	181
Jogging (<i>in water</i>)	212	199
Judo and Karate	260	254
Jumping Rope (<i>slow</i>)	212	199
Jumping Rope (<i>moderate</i>)	260	254
Jumping Rope (<i>fast</i>)	330	290
Kickboxing (<i>moderate</i>)	330	290
Kickboxing (<i>vigorous</i>)	401	363
Kickboxing (<i>very vigorous</i>)	472	435
Mowing	142	127
Pilates	94	91
Racquetball (<i>casual</i>)	189	181
Racquetball (<i>competitive</i>)	260	254
Rowing	189	181
Running 8 mph (<i>7.5 min/mile</i>)	354	326
Running 10 mph (<i>6 min/mile</i>)	425	399

» Activity Converted to Steps (cont.)

Steps per minute

Activity	Steps per Minute	
	Female	Male
Scrubbing floors	94	91
Shoveling Snow	165	145
Skiing Downhill (<i>moderate to steep</i>)	165	145
Skiing Cross-country	212	181
Snowshoeing	212	199
Soccer (<i>casual</i>)	189	181
Soccer (<i>competitive</i>)	260	145
Stair climber machine	236	218
Stair climbing (<i>up stairs</i>)	212	199
Stair climbing (<i>down stairs</i>)	71	73
Swimming freestyle	189	181
Swimming breaststroke	260	254
Swimming butterfly	283	272
Swimming backstroke	189	181
Swimming sidestroke	212	199
Tennis (<i>doubles</i>)	165	145
Tennis (<i>singles</i>)	212	199
Vacuuming	94	73
Volleyball	118	91
Waterskiing	165	145
Washing the car	71	73
Waxing the car	118	109
Weight lifting	71	73
Wrestling	165	145
Yoga	71	54

» Tracking Your Steps During America On the Move Week with the YMCA

The YMCA hopes to inspire Americans nationwide to take 10 billion steps this week!

THERE ARE TWO WAYS YOU CAN USE THIS GUIDE TO TRACK YOUR STEPS:

1. Use pedometers and this guide to record your exact number of steps
 - » Wear your step counter every day this week and record your activity and step results each day using the calendar tracking form on page 14.
2. Use the conversion chart and this guide to record your estimated number of steps
 - » Convert walking and other activities you enjoy into steps using the conversion chart on the preceding page. Record your activity and step results each day using the calendar tracking form on page 14.

HELP US REACH OUR 10 BILLION STEP GOAL

At the conclusion of America On the Move Week with the YMCA, please tear out page 14 (the last page of this booklet) and return it to your YMCA before October 15, 2008. All steps taken during this week will be tallied and we will announce the number of steps taken.

If you prefer to track your steps online go to www.ymca.net and sign up for America On the Move Week with the YMCA. You will find additional tools and resources and a special YMCA-themed interactive virtual trail that highlights the history of health and well-being at the YMCA. It's an easy way to track your progress and learn some fun facts about how the YMCA has contributed to health, well-being and sports in the U.S.



Six Week Tracking Form

SUN	MON	TUE	WED	THU	FRI	SAT
Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____
Steps	Steps	Steps	Steps	Steps	Steps	Steps
-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>
Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____
Steps	Steps	Steps	Steps	Steps	Steps	Steps
-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>
Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____
Steps	Steps	Steps	Steps	Steps	Steps	Steps
-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>
Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____
Steps	Steps	Steps	Steps	Steps	Steps	Steps
-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>
Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____
Steps	Steps	Steps	Steps	Steps	Steps	Steps
-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>
Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____
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Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____	Date ____ / ____
Steps	Steps	Steps	Steps	Steps	Steps	Steps
-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>	-100 Calories <input type="checkbox"/>

America On the Move Week with the YMCA Tracking Form

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Activity: <hr/> Steps: <hr/>	Activity: <hr/> Steps: <hr/>	Activity: <hr/> Steps: <hr/>	Activity: <hr/> Steps: <hr/>	Activity: <hr/> Steps: <hr/>	Activity: <hr/> Steps: <hr/>	Activity: <hr/> Steps: <hr/>
Activity: <hr/> Steps: <hr/>	Activity: <hr/> Steps: <hr/>	Activity: <hr/> Steps: <hr/>	Activity: <hr/> Steps: <hr/>	Activity: <hr/> Steps: <hr/>	Activity: <hr/> Steps: <hr/>	Activity: <hr/> Steps: <hr/>
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www.ymca.net
www.americaonthemove.org

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